

# STEPS TOWARD TOBACCO-FREE POLICY

# Building the youth prevention group. STAND Collaboration with Kiwanis

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## Middle school students STAND up for change

By Laura Bacon  
NT Staff Writer

**ATLANTIC** - A new service group aimed at making a change in their community is forming in Atlantic, and what makes this group different is their age: they are all students in the Atlantic Middle School.

The group, a Builder's Club - which is part of the Kiwanis International family of service clubs - got started earlier this year, and hopes to increase their numbers and be chartered as an official Builder's Club soon.

The group of students meet the first and third Wednesday of each month during the school year, with the agenda set by the student officers of the club. They usually have a fun activity to start the meeting, a guest speaker from the community may make a presentation, and then the group discusses business - including the activities and projects they are working on.

The students voted on a name and a motto for the group.

They chose the name STAND, which means "Students Taking Action Now 4a Difference."

Their motto is "Be Involved, Make a Change, Be the Difference."

The group is supported by the Kiwanis Club of Atlantic and the Cass County Community Tobacco Prevention Partnership which is funded by Iowa Department of Public Health. Karla Akers, being a Kiwanis member and the Tobacco Partnership Coordinator, is overseeing the development of the youth-led effort.

According to information from the Kiwanis International Builder's Club website,

"Builders Club is the largest service organization for middle school and junior high students, with more than 40,000 members worldwide."

Locally, the number of students meeting has varied - initially about 15 students attended, while other meetings have had fewer students on hand.

Three of the group attended the Kiwanis meeting on Thursday at noon and talked about what the club has been doing, and their goals.

Eighth grader Sam Coder said the club's goal was to gain more members, and once we achieve that, we can register with Kiwanis (and become an official Builder's Club).

Coder had been active with the former JEL or Just Eliminate Lies program, an anti-smoking program for sometime before joining the STAND group.

Kylie Proehl is the group's Vice President, and talked about projects that the group had already participated in.

"Our first project was Red Ribbon Week," she said. She talked about Red Ribbon Week, which is an anti-alcohol, tobacco, drug and violence program usually held in the fall. The group participated in a variety of activities centered around the Red Ribbon Week theme at the Atlantic Middle School.

They also have looked at a program to pick up under the bleachers at school events, and are considering getting and selling wristbands to aid in recruitment efforts.

The group has also set up a Facebook page, and are trying to spread the word about the group. It is open to students in



Atlantic Middle School students Sam Coder, Kylie Proehl and Nichole Kinney are members of the new STAND group, a Builder's Club that is forming in Atlantic. They spoke to the Atlantic Kiwanis Club on Thursday.

Photo by Laura Bacon

sixth through eighth grade, and Akers said the next three meetings will include speakers from the community. Mayor Dave Jones will attend and speak at the group's Jan. 9 meeting. Melanie Petty of the Trevor Frederickson Memorial Fund and Jake Auerbach, president of the Atlantic High School Student Council will speak at the other two meetings, Akers said.

The first Builder's Club was formed in 1975, and there are more than 1,200 clubs around the world today.

"Members learn to work together and develop servant-leaders skills as they serve their school and community. In partnership with UNICEF and March of Dimes, the clubs are able to expand their outreach to babies and children of the world," according to information from the Builder's Club website.

If you are interested in speaking to the group please contact Karla Akers at 712-243-7443.



## Building a Builder's Club

By Laura Bacon  
NT Staff Writer

**ATLANTIC** - What is a Builder's Club?

The Builders Club is an international student-led organization for middle schoolers, part of the Kiwanis Club family, providing members with opportunities to perform service, build character and develop leadership.

Their motto is "Building leaders." Their vision is "To develop competent, capable, caring leaders through the vehicle of service."

The mission and core values include:

\* Character building: The ability to do the right thing, even when it might be the unpopular choice.

\* Leadership: The ability to listen, communicate, serve and guide others.

\* Inclusiveness: Accepting and welcoming differences

in other people.

\* Caring: The act of being concerned about or interested in other people or situations.

Club..... see page 2

The soon-to-be Builder's Club members got together for an initial meeting in September. Pictured at left (from the bottom) are Erin Schmitt, Shalee Sweeney, Nicole Kinney, Abby Staley, Chamilla Colton, Kylie Proehl, Alexis Brockman, Emma Fowles, Travis Lee Demey, Jr., Ethen Simmons, Paige Bennett, Sam Coder, Tyler Petty, Phoenix Shadden, Taylor Kirchner, Logan Nelson with Advisors, Karla Akers of the Atlantic Kiwanis and Jamie Starger, Prevention Specialist at Zion Recovery.

Photo by Laura Bacon

### Builder's Club forming

Club..... From page one

Builder's Club membership gives middle schoolers a chance to learn about service, make a difference in their school and community and to have fun while they're doing it.

After organizers set up a table and talked about the program during a lunch period, a first meeting was held. A group of 16 Atlantic Middle Schoolers got together on a Wednesday afternoon to learn more about the club and start making plans for activities.

The group decided to meet the first and third Wednesday of each month, and plans to official form into a Builder's Club as soon as they have enough members.

The group had pizza, shared ideas, and talked about things they could do in the future. One of the ideas was to take over working on "Red Ribbon Week," at the middle school. A variety of activities are planned for the week.

Those attending were asked why they wanted to join Builder's Club.

"It sounds like fun," said Kylie Proehl. "It's a good thing to be in," said Alexis Brockman. "You can help your community," said Sam Coder. "It's a good program and you can do fun stuff," said Chamilla Colton. "We could help people stop smoking," said Travis Lee Demey, Jr. "I want to rock my world," said Erin Schmitt. "Setting an example

## Activity levels up at Atlantic Coca-Cola Center and Museum

Activity and interest levels are up at the Atlantic Coca-Cola Center and Museum. "More and more from the Atlantic area are finding their way to our special location at 207 Chestnut Street," organizers said.

When the Iowa Interstate steam train came to town recently, museum workers experienced a "big city" moment when the street was literally mobbed by crowds of tourists, train fans and families hunting past the museum to the historic Rock Island Depot to board the train.

This event brought many new faces to the front door of the museum to find out exactly what was inside. Even the conductor of the steam train stopped to admire the Coke memorabilia of which he was also a collector. He was from Pittsburgh, Pa. That day also brought visitors from Lincoln, Neb., Peñita, Antio, and communities nearby.

The Center and Museum is open every Saturday from 1-3 p.m. The timing worked perfectly for the train visit.

Other activities in May and June included a local Quilters Chapter which held their annual May meeting at the museum, including a tour, a program and refreshments.

The Chamber Ambassadors gathered to welcome the Center in its new Coca-Cola red building complete with striped awning, a red visitor's sidewalk bench and new signage on either side of the door.

This Coke Center and Museum is one of only three in the United States.



Members of the Kiwanis "Builders Club" visited the Atlantic Coca-Cola Center and Museum.

Photo continued

The Iowa Collector's officers from throughout the state were entertained at a social hour while in Atlantic for a meeting.

It hasn't just involved adults, but children as well. There was a field trip this month for students from Harlan.

On June 19, the Kiwanis "Builders Club" kids had a program activity at the center. Several students showed an interest in volunteering at the center.

Coming up in September are Coca-Cola Days scheduled for Sept. 27-28. The event begins on Friday with the very popular tailgate party at the depot, and ends Saturday with the festive children's parade honoring America's favorite soft drink.

During Coca-Cola Days the museum hours will be from 9 a.m. to 5 p.m. Friday, and from 9 a.m. to 4 p.m. on Saturday. Hours are available by calling 249-6071 to select dates and to make arrangements.

# PRESENTATION TO PARK BOARD

- Reasons for a Tobacco Free Skate Park
  - Sample Policy
  - Petitions
- Letter from Board of Health
- Letter of Support from Kiwanis

# Toll of Tobacco on our Youth

- Kids under 18 who try smoking for the first time each day 3,500+
- Kids under 18 who become new regular, daily smokers each day – nearly 1,000
- Kids 4-17 exposed to secondhand smoke 39.6%
- Packs of cigarettes consumed by kids each year: 800 million (\$2 billion per year in sales revenue)



# Park Board tables decision on tobacco-free Sunnyside Park

By Jennifer Nichols  
NT Staff Writer

**ATLANTIC** — The Atlantic Park and Recreation Board decided to table any decision about making Sunnyside Park tobacco free, Monday night, and to discuss the issue more during next month's

state, from the Iowa Park and Recreation Association.

The board heard comments from the individuals who were on both sides of the issue Monday night during a public hearing on the issue. The issue came about after members of the Builders Club - Codi Russell, Jordan Frazer and Daniel McGee - and Karla Akers,

Recreation Board in June. It was Frazer who originally suggested that Atlantic needed a Tobacco Free Skate Park. Akers said that idea changed into having the whole park be tobacco free. She also had a petition and a letter from the Atlantic Kiwanis Club in support of the idea, and she said members of the club also offered to enforce the

## Board considers tobacco ban

Sunnyside.....From page one



Denise Coder was one member of the public who spoke to the Atlantic Park and Recreation Board during the public hearing about making Sunnyside Park tobacco free.

rule if it was passed to the extent that they would point out signs posted to those using tobacco products that the park was a tobacco free park.

Akers also suggested giving tobacco users time to get used to the policy, if it is passed, when the topic of making all parks tobacco free was discussed. She said giving them time to transition to the new policy was better than making it prohibit tobacco free at once, although the board could consider making other parks tobacco free in the future, if they wanted to prohibit it.

Many speaking for the policy said it was a good policy to enforce. Carole Schuler talked about how using tobacco is "not cool," that it's more "cool" to be able to live long and be able to enjoy the outdoors. She also mentioned the pol-

icy forcing a policy like this. Many suggested designating certain areas of the park, since as the shelters, playground areas or the skate park as tobacco free, and putting a fence around those areas to designate the boundaries.

After the hearing, board members discussed the policy with at least two saying it was for the community's benefit and they agreed to having the policy. However, board member Helen Smith said she was in favor of the policy because she thought it would make the park look better. She also said she didn't like being around smoke, but she talked about how she attended a Fourth of July parade in which an individual started smoking next to her and she "didn't appreciate it."

Council Representative Chris Jimerson responded to Smith's comment, asking

if she was in the park once with children, and they spent part of their time picking up trash, and they collected 50 discarded cigarettes.

Denise Coder said she knows this policy is "scary" for people who use tobacco, but she also said there is "public support" for the policy. She also said she has many friends who don't smoke.

Nancy Gibson said she has seen the "affects of second hand smoke" and she thought it was important to make the policy to show "young kids" about tobacco use.

Akers also said the idea for the policy came from the club that is made up of middle school students, so the young people who thought the policy was a good idea.

Those against the policy thought it was infringing on other people's rights to be able to use tobacco, and some questioned if it could be enforced since the park is a big area. Mark Wedemeyer said he is non-smoker, however he said tobacco is a "legal substance," and he was afraid the policy would enforce the idea of legal going to officials creating a "nanny state." Frank Saddlemire said there are already problems with littering and traffic violations in the park, and getting those infractions enforced, and there may be problems

move or put out their cigarette. He said Iowans have a reputation for being polite, and may respond favorably if asked. He also suggested board members said read the state's clean air act, because if the sample policy offered to the board was passed, he would be breaking the law if he went to Sunnyside Park because he uses tobacco. He also said the penalty is paying a fine, while the policy proposed to the board had the penalty of trespassing. (The proposed policy states: "Any person violating this policy will be instructed to either to discontinue the use of tobacco products on park property or to leave said property. If the person fails to discontinue the use of tobacco products or leave the property, then said person's rights to be present on said property will terminate and a trespassing complaint will be made to law enforcement." Jimerson also said it was important to talk to the public about the issue because he had asked several people about the issue. He received more comments against the issue than for it. Jimerson suggested getting more information from the Iowa Park and Recreation Association to see what the state was on this issue for other parks around the state. The board tabled the issue, and decided to discuss it again at the next meeting.

SECONDHAND SMOKE EXPOSURE  
UNIFORMED

# Park board to discuss tobacco free policy tonight

By Jennifer Nichols  
NT Staff Writer

**ATLANTIC** — The Atlantic Park and Recreation Board will discuss a proposed tobacco free policy for Sunnyside Park during its meeting tonight. The meeting is scheduled to start at 5:15 p.m., and be held in the city hall council chambers.

A public hearing was held on the topic during the July meeting, and

the board decided to table any decision on the issue and discuss it more during tonight's meeting. The issue came about after members of the Builders Club, Codi Russell, Jordan Frazer and Daniel McGee, and Karla Akers, Tobacco Control and Prevention and Care For Yourself Coordinator, spoke to the Atlantic Park and Recreation Board in June. It was Frazer who originally suggested that Atlantic needed a tobacco free skate

park.

Akers said that idea changed into having the whole park tobacco free. She also had a petition and a letter from the Atlantic Kiwanis Club in support of the idea, and she said members of the club also offered to enforce the rule if it was passed to the extent that they would point out signs posted to those using tobacco

**Smoking .....see page 4**

products that the park was a tobacco free park.

Many speaking for the policy said it was a good policy to teach children about the use of tobacco. Carole Schuler talked about how using tobacco is "not cool," that it's more "cool" to be able to live long and be able to enjoy the outdoors. She also mentioned the policy would help the litter issue, explaining she was out in the park once with children, and they spent part of their time putting up trash, and they collected 50 discarded cigarettes.

Those against the policy thought it was infringing on other people's rights to be able to use tobacco there, and many questioned if it could be enforced since the park covered such a big area. Frank Saddlemire said there are already problems with littering and traffic violations in the park, and getting those infractions enforced, and there may be problems enforcing a policy like this. Some suggested designating certain areas of the park, since as the shelters, playground areas or the skate park as tobacco free, and putting a fence around those area to designate the boundaries.

After the hearing, board members discussed the policy with at least two saying

most of the comments they received were against having the policy, however, board member Jolene Smith said she was in favor of the policy because she thought it would make the park look better. She also said she didn't like being around smoke, and talked about how she attended a Fourth of July in which an individual started smoking next to her and she "didn't appreciate it."

Council Representative Chris Jimerson responded to Smith's comment, asking

if she asked this person to move or put out their cigarette. He said Iowans have a reputation for being polite, and may respond favorably if asked. He suggested board members read the state's clean air act, because if the sample policy offered to the board was passed, he would be breaking the law if he went to Sunnyside Park and chewed tobacco. (The proposed policy states: "Any person violating this policy will be instructed to either to discontinue the use

of tobacco products on park property or to leave said property. If the person fails to discontinue the use of tobacco products or leave the property, then said person's rights to be present on said property will terminate and a trespassing complaint will be made to law enforcement.")

Jimerson also said it was important to talk to the public about the issue because he had asked several people about the issue. He received more comments against the issue than for it.

## Mediation begins

# Park board forms tobacco task force



By Jennifer Nichols  
NT Staff Writer

**ATLANTIC** — As discussion continued on whether to make Sunnyside Park tobacco free or smoke free during the Atlantic Park and Recreation Board's meeting Monday night, members agreed to set up a task force to come up with a policy that the board could consider during a future meeting.

The topic of making the park smoke or tobacco free came after members of the Builders Club suggested making the skate park tobacco free,

and eventually the discussion turned to making the whole park tobacco free. A public hearing was held in July, and individuals on both sides made comments for and against the idea.

Monday night Board Member Sandy Landsness said someone had left her two bags of cigarette butts that they said they had found around picnic tables in Sunnyside Park. One picnic table had 48 cigarette butts around it, and another had 30 cigarette butts around it. She also said the individual had left her information about how cigarette

butts were toxic and were not biodegradable. Landsness also said she did her own research online, and looked around the park for cigarette butts. She said it "bothered" her that the cigarette butts were considered toxic, and didn't like the fact that wildlife or small children could ingest the cigarette butts.

Atlantic Park and Recreation Director Roger Herring said he hadn't heard from the Iowa Park and Recreation Association about what the trend was around the state for other

**Tobacco ..... see page 2**

## Task force to look at tobacco issues

Tobacco.....From page one  
parks on the issue, but also raised the point about what park officials could do to help with the problem of cigarette butts found in the park, such as providing containers to throw out the cigarette butts.

Members said they had received comments for and against the issue when discussing it with members of the public, and Chairman Stuart Dusenberry suggested making certain areas of the park smoke free or tobacco free, such as the skate park or the shelter areas. He suggested the skate park because the majority of users are under age, and the shelter areas because they are more likely to be area where people are gathered to eat.

Karla Akers, Tobacco Control and Prevention and Care For Yourself Coordinator, said depending what type of decision is made for the park, part of her job is to help city officials educate the public on the policy. She suggested creating a task force with some members of the park board as well as a member of the public, maybe a business owner or other individual who is interested in the issue. Anyone interested in being on a task force should contact Karla Akers at 712-243-7443.

Where we are now – putting together another presentation.

# Task Force

- ▣ Iowa Code 142D: The Smokefree air act
- ▣ 142d.6 notice of nonsmoking requirements — posting of signs
- ▣ Cities/counties with smokefree/tobacco free parks in iowa
- ▣ Cost of litter cleanup in atlantic
- ▣ Toll of Tobacco



# How can communities help keep teens and young adults tobacco-free?

- **Change Social Norms**
  - **Create a world where seeing people smoke or use other tobacco products is the exception, not the norm.**
  - **Restrict Access**
  - **Limit the Influence**
  - **Limit Media Exposure**
  - **Promote Comprehensive Education**
  - **Set the Example**

# Cass County Tobacco Prevention Community Partnership

- Tobacco-Free Hospital Campus
- JEL program (now STAND)
- Tobacco-Free School Campus
- Tobacco-Free YMCA campus
- Tobacco-Free workplaces
- Community Education
- Student Education
- Tobacco-Free Little League Field Grounds
- Workplace Wellness -- Paint the Town Red

# OPTIONS FOR PARK BOARD

- Make all parks in Atlantic entirely tobacco free or smoke free
- Make all playground areas and skate park tobacco free or smokefree in addition to areas noted in Smokefree Air Act
- Comply with current Smokefree Air Act requirements for posting and enforcing no-smoking signs in shelters and buildings of parks

# QUESTIONS?

Karla Akers

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